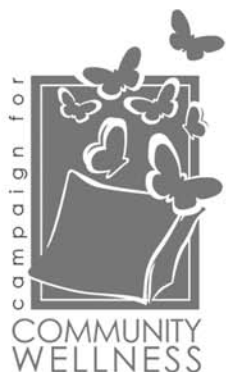


Dear parents & school staff,

May is Mental Health Month. Mental Health month is a national awareness campaign to remind people that taking care of your mental health is important. Over the next month, through a Placer County initiative called Campaign for Community Wellness, you will see flyers, news articles and local events focusing on mental health for children and adults.

The Campaign for Community Wellness is a county-wide initiative to educate, create awareness and reduce stigma around mental illness. Additionally, the Campaign aims to improve services and outreach to children, adults, and other underserved populations dealing with mental health issues.

For more information about how you can take care of your own or your child's mental health needs, please go to a new on-line resource called Network of Care (www.placer.networkofcare.org) or call your local Family Resource Center.



*Truckee Family Resource
Center: (530) 587-2513*

*North Tahoe Family Resource
Center: (530) 587-2513*

*Warm Line Resource (for all
other family resource centers
in Placer County): (916) 782-7147*

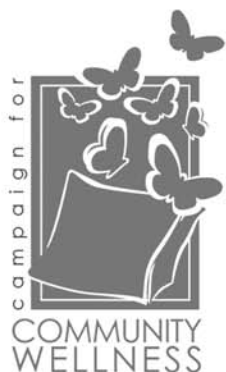
Paid for by Mental Health Services Act Funding (prop 63) as part of the Campaign for Community Wellness, a county-wide effort to reduce stigma and embrace recovery around mental health for all. Also funded by a grant from the Substance Abuse and Mental Health Services Administrator. For more information go to www.placercagov.campaignforcommunitywellness.

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